

CSI offers helping hand
Students can access many services including faxing, photocopying and laminating.

SPOKE

A learning newsroom for journalism students

Special Orientation issue

Inside this edition you will find lots of info to help you adjust to college life.

NEXT ISSUE SEPT. 17

The roommate from hell

A staff member from residence tells you how you can avoid being one.

NEWS 4

NEWS 11

Monday, August 27, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 15



(Photo by Becky Sharpe)

Staff and students at Conestoga College were flying high at the Plane Rec fundraising event, which raised \$300 for the Make-A-Wish Foundation. Above, Susan Bourque, left, who works in admissions, and her colleague Darlene Lavigne, launch their planes together. Thanks to her great aim, Bourque walked away with first prize, an iPod Nano.

Fundraiser soars

By BECKY SHARPE

Conestoga College's recreation and leisure services students soared with excitement before school let out, holding a Plane REC fundraiser for the Make-A-Wish Foundation.

More than 100 brightly coloured paper planes, created by Conestoga students, staff and faculty members, were tossed from the balcony of the Student Life Centre. Participants could make a plane for a \$2 donation, or make three for \$5.

"The Plane REC — Make-A-Wish Foundation event was a success and a lot of people showed their support toward a great cause," said Mark Blackwood, a student and the chair of the marketing committee.

"We would also like to say thank you to Future Shop for their dona-

tions of an 8 GB Nano iPod and mini bar fridge. This event couldn't have happened without prizes."

John Holden from Future Shop was in attendance.

Tyler Perry, a rec and leisure student, pumped up the crowd with help from his red-shirted classmates, encouraging passersby to give it a try. To win one of the prizes participants had to make a paper airplane and then throw it toward a two-inch target on the first floor of the Student Life Centre.

Greg Burns, co-ordinator of the recreation and leisure program, said he was pleased with the event. "I'm having a ball," he said. "However, the success of this event couldn't have happened without the help of our sponsor, Future Shop."

Susan Bourque, who, works in

admissions, won first place and the iPod thanks to a great toss that landed her plane approximately two feet from the target.

Lindsay Marnie, a student, won second place and took home the fridge. She was approximately three feet from the target.

An unexpected third prize was awarded to student Amanda Parkins, who won a 30-minute massage from the college.

Burns said the event raised \$300, with the rec and leisure students kicking in an additional \$100, which he matched. In total \$500 was raised, something he said his students should be proud of.

"The point of this program is to teach students how to fundraise," he said. "They're doing an excellent job and you can see they're having fun too."

PRESIDENT'S MESSAGE

Enrich yourself

As always, I am very pleased to welcome you to the start of a new year at Conestoga, whether you are beginning your studies or returning to continue progress toward your educational goals.

I sincerely hope this new academic year will prove rewarding and memorable for you.

Please take advantage of the many opportunities the college offers to enrich your educational and personal development. All of us at Conestoga are proud of its reputation and accomplishments, and we strive to create an educational experience that is both excellent and relevant.

Remember that you are gaining valuable knowledge and skills designed to prepare you for the world beyond Conestoga. Our faculty members are experienced professionals in their fields. They are a valuable resource in learning the skills you need and how to use them effectively.

There can be much more for you at Conestoga, however. Other aspects of college life offer opportunities to discover skills and interests for your future, as well as friendships that can last a lifetime. Consider athletics, whether varsity

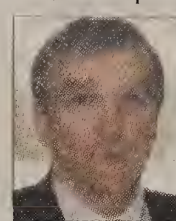
or intramural, the many activities sponsored by Conestoga Students Inc., on-campus clubs and groups.

and professional association opportunities related to your program of study. The more you give to college life, the more you will gain.

Also remember that there is a highly skilled team of student services and student life professionals to assist you with gaining the most from your Conestoga experience. In addition, many employment opportunities exist — some within Conestoga, some available through our career services operation — and financial aid and award opportunities exist through our program of prizes, scholarships and bursaries.

I am delighted that you are part of the Conestoga community. Enjoy your year and dedicate yourself to gaining the most you can from your studies and from college life.

John Tibbits
President, Conestoga College



Tibbits

Welding program offered

By JENN CURTIS

Conestoga is adding a new welding program this September because of the overwhelming demand for skilled workers in our region.

Brenda Gilmore, employer liaison and program marketing for the school of trades and apprenticeship at Conestoga College, said, "We

live in Canada's Technology Triangle, which is a huge manufacturing hub. By offering this program we are helping address a need within the manufacturing sector."

Statistics Canada and Canada's Technology Triangle have compiled data showing the Top 10 manufacturing jobs in the region.

Continued on Page 2

New college website 'much more Conestoga'

By STEPHANIE IRVINE

Summer vacation is just about over, and we all know what that means — early mornings, lineups at the bookstore and easier access to e-mail?

That's right, Conestoga College's long-awaited and much-anticipated new website is up and running and the team responsible for the redesign couldn't be happier.

"It's a relief to finally see on the main site what we've been looking at for months," said Paul Osborne, director of marketing. "We think everyone will like the look, feel

and navigation much better — it's much more Conestoga."

The team of five working on the website also includes: Dyan Tangney, web designer; Tanya Foubert, web developer; Wei Liu, webmaster; and Richard Gibson, chief information officer.

"They've all been fantastic," said Osborne. "I really can't thank them enough."

But according to Tangney, the real star of the new site can be found in the top right-hand corner.

"We have a quick link to e-mail, to the college directory and a Google search bar," she said. "It's

definitely one of the highlights; we've gotten the most comments about it."

Other features of the site include a much cleaner look; photos of Conestoga students and faculty instead of stock photography; a home page for each program which also highlights student success stories; two different navigation bars; and thanks to Osborne's all-star team, much better technology and a more solid foundation that will make it easy to keep the site current.

Tangney said common complaints about the old site were that

it was difficult to find things and to navigate, it was clunky and cluttered, the search option didn't work, it was difficult to get to e-mail, and there was a lot of duplication.

"It's like renovating an old house," said Osborne. "Every time you pull up a board, there's three more things to fix underneath."

The team's patience and persistence has paid off though.

"Any change I want to make to the site is just one click away," said Tangney. "It's so much better."

Osborne said many of the changes that were made were based

on common sense.

"People want things done quickly," he said. "Now it's just one click and away you go — it's very functional."

Both agreed one of the major focuses for the team was ensuring the new site would be very intuitive for anyone using it.

"I definitely think we've achieved that," said Osborne.

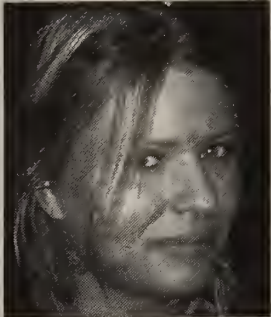
"It's a new beginning," he said. "It will always be a work in progress though. It's a living, breathing thing that changes daily."

The college website can be found at www.conestogac.on.ca.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

*When you started at Conestoga,
what was the biggest surprise?*



"Coming straight out of high school, I was surprised to see a bar in the school."

*Inessa Sandu,
second-year practical
nursing services foundations*

"That the main floor is actually the second floor."

*Jeff Paul,
first-year
respiratory therapy*



"How young everyone here is."

*Trevor McCoskey,
first-year respiratory
therapy*

"That Andy Ferreira goes here."

*Keira Seddou,
third-year
marketing*



"Watching a grown man sob because there was no chocolate cake in the café. Poor Shaun Leitch."

*Andy Ferreira,
third-year materials and
operations management*

"That I saw a younger, balder Axl Rose, aka Ryan Fogarty, who sang the Juicy Fruit theme song in the cafeteria first year."

*Shaun Leitch,
third-year materials and
operations management*



Smile Conestoga, you could be our next respondent!

Professor to walk to end cancer

By CARA LIGHTY

This year's fifth annual multi-day Weekend to End Breast Cancer walk has room for 5,000 participants. Conestoga College business professor Jennifer Bernard will be one of the people lacing up comfortable shoes.

The mother of two will be walking a total of 60 kilometres over the two-day event, being held in Toronto, Sept. 7 to 9. She plans to raise at least \$2,000.

However, Bernard said she would like to raise much more.

"The great thing about donating towards this event is that the money is guaranteed to go directly to Princess Margaret Hospital so they can use the money for research right away."

Participants will walk 30 kilometres each day at their own pace with moral support from hundreds of volunteers and crew members who will also provide meals, water, snacks, gear, transport, portable

washrooms, medical services and overnight campsites.

Bernard said she is doing the walk because of her two daughters.

"I will also be walking with another mother of two daughters," she said. "We want to do everything we can to prevent breast cancer from happening to our daughters. I want my daughters to grow up without having to fear this devastating disease."

You can show your support by donating online at www.endcancer.ca

Welding top manufacturing job in region

Continued from Page 1

Welding comes in as No. 1. The same chart shows that fabricated metal products is the No. 1 manufacturing sector in the region. The Waterloo-Wellington Training and Adjustment Board lists the welder trade as having very good job prospects in Waterloo Region.

"Conestoga College is well known throughout the province as one of the top providers of welding programs with state-of-the-art facilities," Gilmore said.

Conestoga will accept 40 full-time

students into the program, entitled Welding Techniques. The college already offers a variety of other programs that relate to the welding field.

Other colleges that offer this same program are Confederation, Lambton, Fanshawe and Niagara.

Gilmour said there are a variety of jobs that a graduate can go into, including transportation equipment manufacturing, fabricated metal product manufacturing, machinery manufacturing, repair and maintenance, trade contracting and primary metal manufacturing.

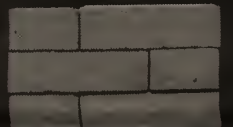
"Graduates of this program may choose to enter the workforce and can continue their welder apprenticeship training, or may resume their studies by entering Year 2 of a welding diploma program," she said.

The average starting salary for a graduate is \$18.95 an hour, but experienced welders can make up to \$40 an hour.

The full-time program consists of 30 weeks of post-secondary training and offers students the option of becoming an apprentice.

During Orientation
August 27 —August 30, 2007,
the Learning Commons
will be hosting the following
"Making the Grade"
Sessions.

Making the
Grade



~Tips for Success~

There's no time like the present

Monday, August 27, 2007 @ 2:30

Being organized doesn't necessarily mean living by a lot of rigid rules; rather, it means making choices about what's important to you and then arranging your time and space to focus on those choices. Want some strategies for balancing school, work and life commitments? This workshop will provide you with practical tips to help you manage your time well.

Keys to reading more effectively

Tuesday, August 28, 2007 @ 3:30

Do you procrastinate or get bored when it comes to reading? Do you avoid assignments that require reading? Would you rather do anything else except reading? If you answered "yes" to any of these, then this workshop is for you. We'll look at how your reading skills affect your academic success and present strategies that will help you read and study more effectively.

Memory tools and techniques

Wednesday, August 29, 2007 @ 2:30

Did you know that there are two types of memory work? College students are confronted with large amounts of both types; therefore, in this workshop we will examine the different types of memory; introduce how memory works; present ways to enhance your memory; and recommend a variety of tools and techniques that can be used to improve your memory.

College Writing: Everything you want to know
but are afraid to ask

Thursday, August 30, 2007 @ 2:30

What is plagiarism? What is APA style? When do you put a comma before "and"? How do you write an introductory paragraph? What is a sentence fragment? The Writing Service can help with these and other questions. Come and learn about what we can do to support your academic writing.

To Register

See our contact information below to register. All we need is your name, program, and the session(s) you would like to attend. Room numbers to be confirmed at registration and posted on our website

the learning commons

Peer Services • Learning Skills Services • Writing Service

Learning Commons
Room 2A103

Hours of Operation:

Monday-Thursday 8:30 a.m.-5:30 p.m.-Friday 8:30 a.m.-4:00 p.m.

Telephone:

5197485220 extension 2308

Website:

<http://www.conestogac.on.ca/jsp/stserv/learningcommons/tipsforsuccess.jsp>

Email: LearningCommons@conestogac.on.ca

Be a good neighbour — know the rules

(The following was submitted on behalf of the municipalities of Kitchener, Waterloo and Guelph.)

When you move into a residential community, even if there are many other students living there, there will also be a wide variety of people with diverse lifestyles and expectations. This will include people working regular business hours or shift work, retirees, parents with young families, the elderly and perhaps people who may be suffering from long-term illnesses.

Poor relationships with your neighbours will probably spoil your year as well as cause general bad feeling toward the college. Therefore, do all you can to maintain good relationships between yourselves, the college and the local community.

Take the time to meet your neighbours. This will help you develop a positive and co-operative relationship. If you do run into a problem with your neighbours, address it politely with them. If the issue cannot be resolved between you, call the police or appropriate bylaw officials for help. They are responsible for public safety, law enforcement and for maintaining good order in your community.

Try to develop a relationship with your neighbours and they may keep an eye on your property for you, hold your spare keys or help out in an emergency.

If problems arise try to talk it

through and sort it out amicably. If you do find yourself involved in a dispute with neighbours, please contact city staff or the college as soon as possible; they will always support the amicable resolution of problems.

Students and permanent residents living together make for a diverse and enjoyable community, something everyone values.

DO YOU KNOW THE RULES IN YOUR AREA?

It is a good idea to get to know the applicable municipal regulations for the area that you live in. The most common issues are:

NOISE

One of the most common causes of friction is a different attitude to noise levels and especially about the times when it is OK to be noisy. People tend not to notice the noise they make, but get very upset by others' noise. Students generally seem very noise tolerant, which can make them unaware of others' sensitivity.

OUTSIDE MAINTENANCE

Do your best to keep the outside of the property looking decent.

Don't let garbage, debris, etc. pile up around your property. Anything that can be stored inside the house or garage should be, to help maintain the outwardly appearance.

CARS AND PARKING

Due to the increasing problems with parking around the college, certain parking regulations have been put in place. These regulations are enforced regularly by city staff, so please take the time to learn the regulations. The more parking becomes a problem, the

more likely additional regulations may be put in place. If this happens it will only cause more difficulty for you as a student and all the residents of your neighbourhood. So please, don't contribute to the problem if you can help it.

It is helpful if you park considerately and appropriately, whether you

are on the street or on private property. Cars parked inappropriately can prevent other people getting in and out of their driveways. All vehicles must be parked on a properly constructed driveway. Cars that are parked partly or entirely on lawns will be subject to bylaw enforcement actions by city staff.



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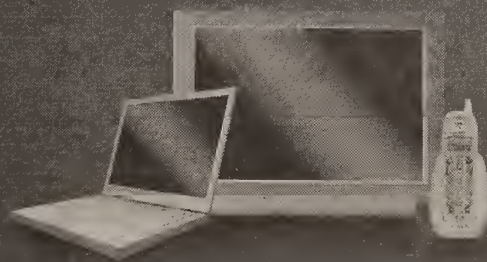
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Conestoga Students Inc. here to serve you

By HOLLY FEATHERSTONE

Popular events include pond party, polar plunge

Conestoga Students Inc. wants all students to have an enjoyable year and helps out by offering many services and holding various activities.

CSI, Conestoga's student association, is comprised of a president,

who is a full-time employee, and a vice-president and seven elected directors, who are all full-time students. CSI also includes two appointed directors.

The organization combines the input of students with the monitor-

ing of college policies, including possible involvement with other student alliances to address government policies on various issues including tuition fees and financial aid.

"Our representation is done

through advocacy on behalf of the student population on both provincial and local levels," said Roxy Stanciu, president of CSI.

Stanciu said CSI's student-gear services and popular annual activities, including the pond party, toga party and polar plunge, are their top priorities.

"We are very much run by the students," she said, "so please feel free to approach any of your CSI directors or staff to address any concerns or ideas you may have."

Students can utilize the CSI-backed services such as the health plan, which automatically covers prescription drug and dental service costs, among other health services.

In addition, the massage studio, located in Room 2A108, is partially covered by the CSI health plan. By appointment and doctor's referral, students can enjoy a massage by paying a deductible of 20 per cent plus GST, costing \$1 per minute in 15-, 30-, 45- and 60-minute increments. To register for an appointment with a masseuse, sign up in the CSI office, Room 2A106.

Stanciu said the CSI self-serve area is also available for students

working on school-related projects, providing black and white and colour photocopying and free faxing, binding, scanning and laminating. Self-serve supervisors are available to assist students.

For those seeking information about on-campus clubs or the steps required in launching a new club, visit the CSI office to get the applicable information package.

CSI also offers forums which allow students to voice their opinions.

Becoming part of the CSI Facebook group, e-mailing CSI staff or leaving written comments in the recently-implemented comment boxes around campus are the main ways students can voice their ideas and concerns.

However, Stanciu said the simplest approach is to visit the CSI office anytime. Their hours of operation are Mon.-Thurs. from 9 a.m. to 4 p.m. and Friday from 9 a.m. to 2 p.m.

"We very much adhere to an open-door policy," she said. "Students are more than welcome to come in at any time and discuss their issues or ideas."

For further information drop by the office, located in Room 2A106, or go online to www.conestoga-students.com.

Welcome!
Waterloo Campus
Orientation 2007

*Hospitality *Culinary *Event Management
*Trades and Apprenticeship
*English Language Studies
*Preparatory Programs
*Continuing Education *Corporate Training
Job Connect

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Job postings: Employers want you!

- ♦ Access to all types of jobs including part-time and graduate positions
 - Click "Job Postings" on the Career Services web page
 - Enter user name: careerservices
 - Enter password: usearch4jobs
 - Enter login: conestoga
- ♦ Résumé and cover letter critiques
- ♦ Interview preparation assistance
- ♦ Job search strategies
- ♦ Job Fairs and Career Fairs
 - On Campus Career Expo: October 17, 2007 & March 12, 2008
 - Off Campus Career Fair: September 26, 2007 & Job Fair: February 6, 2008
- ♦ Graduate services
 - Resume referral service
 - Access to all the above services

Call Career Services at (519) 748-5220
Ext. 3340

CO-OP EDUCATION

Participation promotes continuous learning through the integration of classroom and applied work-based learning.

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- ♦ Many students receive a higher starting salary upon graduation
- ♦ Studies show that co-op students gain employment sooner after graduation and are more likely to find related employment than are non-co-op graduates

Please contact the Co-op Office if you have questions about co-op programs or visit us on the web at:

www.conestogac.on.ca/jsp/coop/contents.jsp

We invite you to come to the CO-OP AND CAREER SERVICES OFFICE to meet our staff:
Student Client Services Building, Room 220, Doon Campus



(Photo by Samantha Saechao)

Showing care and concern

Andy Knetsch, a professor in the law and security administration program, drops a few treats into one of the 300 care packages that his first- and second-year students put together prior to the summer break for Canadian troops in Afghanistan. Area retailers contributed to the cause by donating various goods including deodorant, coffee, tea and toiletries.

Your CSI President & Vice-President



Roxy Stanciu
President

Hello! Hola! こんにちは! Bonjour! Hallo! ?! Ciao! Het hallo! Oi! Hei!

To keep this short, I want to first say that I am so excited and happy to have everyone back at Conestoga College.

We have spent the past four summer months preparing and planning to give you guys the best possible year Conestoga has ever seen!!!

Conestoga Students Inc. is your student union and has been around since 1973 providing you with a wide range of services, representation, and activities. I truly believe the students who voted to elect our current board members made the right decision as we have an incredible team, whom I see making great changes in your best interest.

If at any point in time you need questions answered, we extend a warm invitation to come to the CSI office and ask any one of us, as we are here for you.

My best piece of advice as a graduate would be to get involved and make the most of your time here at the College, as it will become your second home. Keep in mind, you being the student, can either make or break your years at Conestoga.

Best of luck and I look forward to meeting you all, as I believe that this year we are going to set the standard for Conestoga College!!!

**CONESTOGA
STUDENTS INC**

All Yours, *Roxy Stanciu*



Sheena Sonser
Vice-President

Hello everyone, my name is Sheena Sonser and I am the Vice President of CSI. I would like to take this opportunity to welcome all new students to Conestoga College and also welcome back our returning students; you have made a good choice!

Conestoga College has been an experience that will be a big part of me forever, and I hope that your time here at Conestoga will have the same impact on you.

CSI is here to make your experience at college one you'll always remember. So make sure to come out to all of our events and get involved. Also please make it a point to pop into the CSI office and chat with me about anything and everything. Good luck and I look forward to seeing you soon.

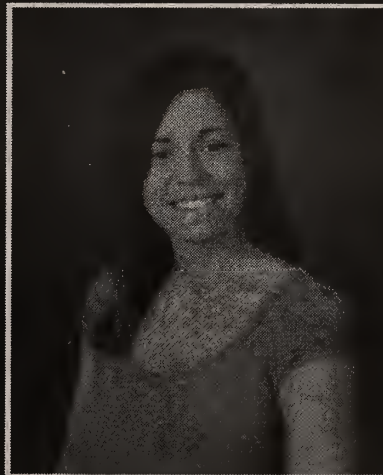
Sheena Sonser

Your CSI Board of Directors

**Visit the
BOD Office
in Room
2A104**



Kasia Bobrowska



Nicole DeSousa



Megan Gill



Zack Luft



Will Pham



Ross Ware



Jennifer Watson

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BBQ**

GUELPH

THURSDAY SEPTEMBER 19TH

WATERLOO

THURSDAY SEPTEMBER 26TH

11:30 AM-1:30 PM

Tickets at the CSI
Office, Room 2A106



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WONDERLAND**



\$40.00 A TICKET

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Includes: bus ride down,
lunch and entrance to park



SEPTEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5		7	8
9	10	11	12		14	15
16		18			21	
23	24			27	28	29
30						



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STUDENTS INC

Conestoga Students Inc.

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Thursday September 7th

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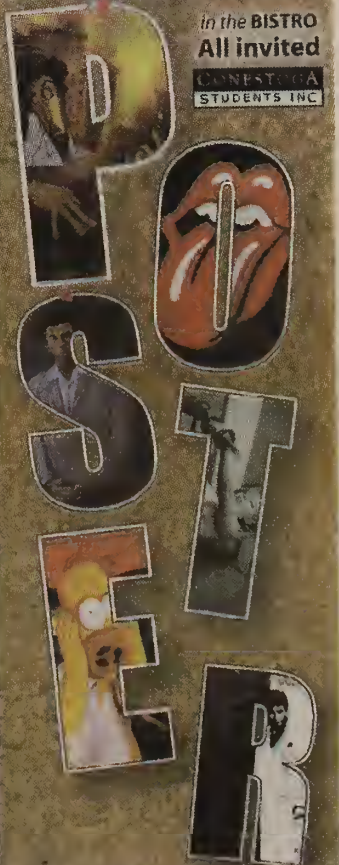
September 13th

CONESTOGA
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All invited

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SEPTEMBER 17-18



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(in the Student Life Centre)

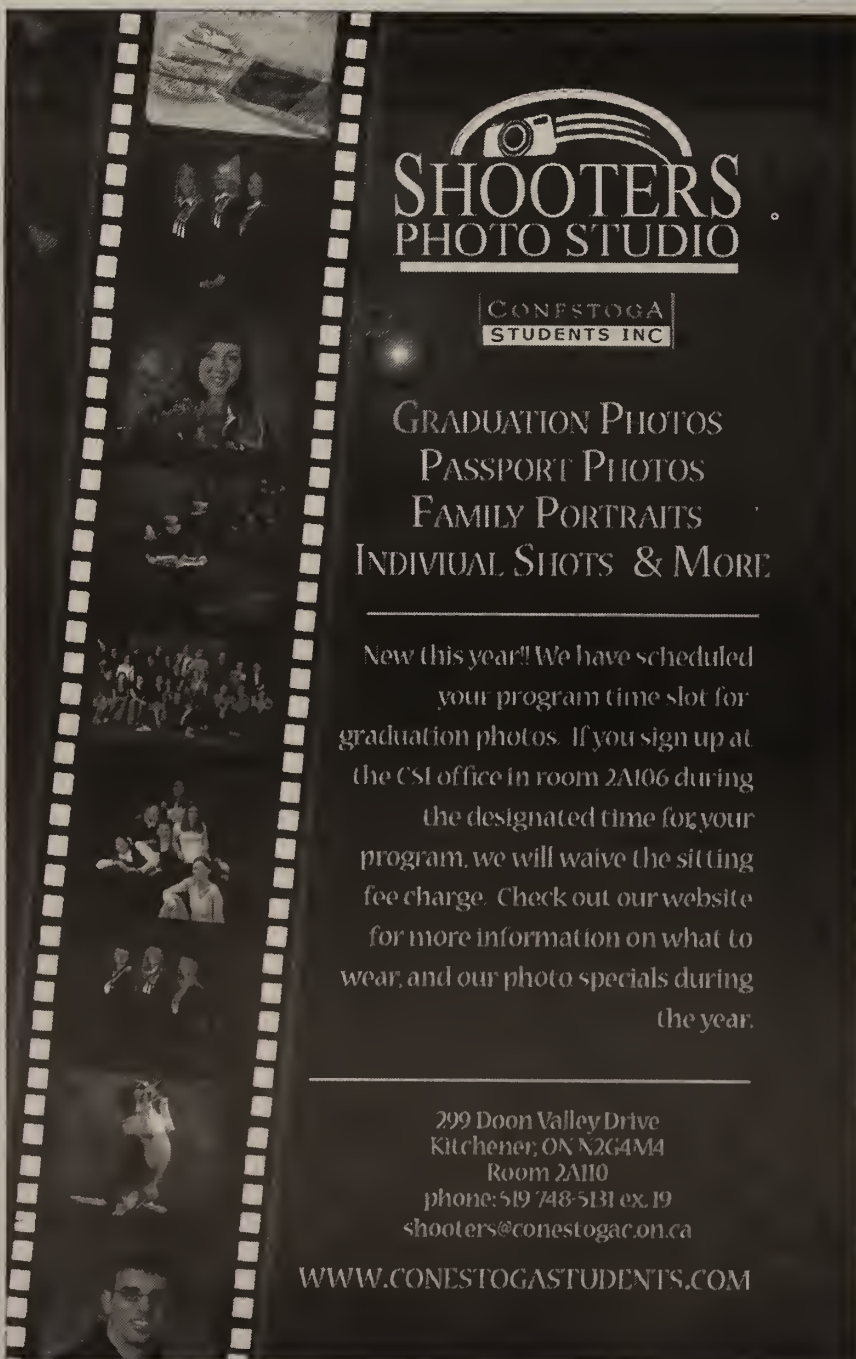
**CONESTOGA
STUDENTS INC**

CSI HEALTH PLAN OPT OUT

September students can OPT OUT
of their CSI health plan as of
September 1st on the CSI website
Simply visit our website at
www.conestogastudents.com
and click the OPT OUT link and
complete the simple steps

The deadline to
OPT OUT is September 28th at 2:00 pm
No exceptions or extensions will be given

**CONESTOGA
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PASSPORT PHOTOS
FAMILY PORTRAITS
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your program time slot for
graduation photos. If you sign up at
the CSI office in room 2A106 during
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fee charge. Check out our website
for more information on what to
wear, and our photo specials during
the year.

299 Doon Valley Drive
Kitchener, ON N2G4M4
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*All these services are available in the
CSI SELF SERVE AREA

**CONESTOGA
STUDENTS INC**

LRC offers helping hand

By SAMANTHA SAECHAO

The most important part of schooling is getting information when you need it the most.

The Learning Resource Centre (LRC) is the best-place, especially for first-year students, to get instruction on how to find, retrieve and use what is accessible and available to them.

Linda Schneider, manager of the LRC, and the rest of the staff are always ready to lend a helping hand when needed.

"Our staff is very approachable," said Schneider. "The staff wants to help the students succeed and take away good skills."

During the first few weeks of the fall semester, a staff member visits each program and goes over what students can expect from the LRC.

Students have access to many books, including those that are specific to each program, the online databases and journals and media resources such as DVDs

and cassettes.

The students are shown how to access the weblink to the databases and journals when they come in during class times in the first couple of weeks. This is usually requested by a faculty member. However, if this doesn't happen, students are more than welcome to drop by and get a lesson.

"Students are able to get help one-on-one when they come in," said Schneider.

Even if they can't come in to use the resources, that shouldn't stop them.

Schneider said the students have plenty of remote access.

"Electronically, the journals and databases can be accessed through the school website," Schneider also said students can check online to see the full version of the books they need.

The LRC is open Mon.-Thurs. from 7:30 a.m. to 7:30 p.m., Fridays from 7:30 a.m. to 5 p.m. and on the weekends from 1 p.m. to 4 p.m.

Manage stress before it manages you

By AMY MEADOWS

It's the beginning of a new college year, a time of year that is as stressful and demanding as it is new and exciting.

Whether you are returning or just starting at Conestoga, it is likely there will be a time in your college life where you will feel overwhelmed. But, there is no need to panic, the college has a great resource for all: counselling services. Located in the Student Life Centre, there are many experienced counsellors on hand to discuss workload, relationships and any other issues you may encounter over your time here.

Shawna Bernard, a counsellor, said this is the busiest time of year for them and the hardest time for students.

"There is so much adjustment in the fall semester," said Bernard, who has been at the college since 1998.

There are many things for students to contend with, Bernard said, including time management and working at the college level.

"A lot of students are adjusting to living away from home and are worrying about managing all those responsibilities," she said. "And there are those students who work part-time jobs and are balancing that with school."

Counselling services keeps statistics on the most common problems students face. Near the top of the list is relationship problems.

"Sometimes, when students come to college they are entering into relationships for the first time," said Bernard. "Or maybe they have partners that they met in high school and they start college and consider breaking up with that person — maybe they met someone new."

Bernard said college is a real learning curve and it is understandable that students will feel stress. She also said the effects of stress are very obvious.

"A person won't sleep well, or they may be eating more or less than usual," she said. "Their energy and motivation levels will be affected."

The effects aren't just physical, Bernard said, there are many behavioural signs, too.

"If people are stressed, their patience isn't the same, they may feel there are too many demands being placed on them," she said. "Assignments may start to be handed in late or missed, or the student will start asking for extensions."

Bernard explained that in extreme cases some students would avoid what is causing them stress.

"Some students will stop coming to class," she said. "It's a coping strategy, but it causes a lot of problems."

For students unsure of whether to take advantage of counselling services, Bernard said it is what they (the counsellors) are there for.

"Bottom line is, we are here to help students with any barriers on the way to their academic or personal success," she said.

A professional, confidential and free service at the college, Bernard said it is another resource for new and returning students to have.

"It's one extra tool they can put in their tool box," she said.

Bernard said counsellors and the college fully understand the pressures and stress that come with this stage of students' lives.

"We want students to be successful and the sooner a student comes in to access help, the better," she said. "Don't let it build up and become overwhelming."

Welcome International Students

Another academic year is just around the corner, bringing excitement and anticipation. As an international student beginning your first semester at Conestoga College, we would like to welcome you to the college and hope you will have a year full of learning and new experiences in Canada. This academic year we are expecting approximately 300 international students from over 30 countries! Students will be entering into academic areas at the College, from English Language Studies to diploma, certificate and degree programs within the Schools of Business; Engineering and Information Technology; Health Sciences, Community Services, and Biotechnology; Liberal and Media Studies; and Liberal Studies.

Arriving in an unfamiliar country can lead to students experiencing new foods, different transportation systems, climate changes, new customs, different health services, and an unfamiliar academic environment. Both the staff of the International Education Office and Counselling Services are here to assist you with your transition to Canada.

The International Office, located on the ground floor of the Student / Client Services Building, can provide you with assistance with housing, immigration, applying to college programs, current and social activities, and health insurance. Advisors are available Monday to Friday, 8:30 A.M. to 4:00 P.M.

Counselling Services, located in Room 1A103 on the first floor of the Student Life Centre, provides support services such as individual, confidential counselling sessions (related to personal, academic, and career issues); groups and workshops; and an off-campus housing registry. The Learning Commons, located in Room 2A103 on the second floor of the Student Life Centre, provides assistance with learning strategies, peer tutoring for diploma students, a peer conversation partner service, assistance with computer technology, and Writing Services. We are open Monday-Friday from 8:30 A.M. to 4:00 P.M.

When you first arrive at the College as an international student you will be provided with an orientation. During orientation, you will participate in activities such as campus tours, banking, language testing by ELS faculty, Student Services workshops, overview of Health Services, housing, accommodation, health insurance information sessions, and various fun activities. If you are studying in a diploma, certificate or degree program, look for the International Students Workshop which will be scheduled in September.

For all international students on campus, International Education, English Language Studies and Counselling Services will be hosting our fifth annual Survivor Conestoga event in early October. This interactive and informative workshop, for all international students on campus, will address various health and safety topics as students integrate into Canadian culture (such as safe relationships, banking, health and sexuality issues, security on campus, and ways to reduce stress). Food will be provided and there will be door prizes too!

Welcome to Canada and Conestoga College! We hope this year will be full of many new learning opportunities for you.

A message from Counselling Services and the International Office

Welcome to Canada and the International Office! We are located on the ground floor of the Student Client Services Building (SCSB). Our hours of Operation are 8:30 am – 4:30 pm Monday – Friday. We look forward to seeing you soon!



Christine Buuck
Director, International Education & The Conestoga Language Institute

519-748-5220 ext. 3675
cbuuck@conestogac.on.ca



Samantha Murray
Manager & Student Advisor, International Education

Tel: 519-748-5220 ext. 3247
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Anita Couto
International Admissions Officer & Student Advisor, International Education

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Felicia Chen
International Student Advisor Housing Officer, International Education

Tel: 519-748-5220 ext. 3690
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Julie Duchaine
Reception & General Enquiries International Education

Tel: 519-748-3556
jduchaine@conestogac.on.ca



Angela Wigfield
International Education Activities Coordinator

Tel: 519-748-5220 ext. 3699
awigfield@conestogac.on.ca

Good advice for international students

By JENN CURTIS

A class of about 15 international students at Conestoga College has created a Top 10 list of ways to survive the first year in a new country.

The students, who are from around the world, including China, North Korea and the Middle East, all know what it's like to move to a new country where you don't know the language, you have no friends or family and you have to do everything on your own, with no one to lean on.

THE TOP 10 LIST

1. Make sure you know why you're coming to Canada — you have to have a good reason to want to come to a new country and start a new life.
2. Get information about the country. Before you get here, make sure you know what you're getting yourself into.
3. Save enough money — the students suggest bringing at least \$5,000 to get you started.
4. Try to learn the language — it will be a lot easier to communicate with people if you know the basics of English.
5. Know the weather — that way you can bring suitable clothing.
6. Preview city and transit maps — you will need to know where you're

going and how to get around.

7. Get health insurance — it takes a lot of time to get a health card in Canada.

8. Get a bank account — it is a safe place to keep your money.

9. Try to make friends — friends will help you settle in and you won't be as homesick or lonely.

10. Be optimistic — having a good attitude will make things a lot easier.

The students also made a list of the Top 5 things that were the hardest when they got to Canada:

1. Feeling lonely — coming here by yourself and having your family so far away means that you are going to be lonely.
2. Getting used to the environment — the weather is a lot different here, and that can be hard to get used to.
3. The language — many people come here without knowing any English, so learning the language and communicating with people can be hard.
4. The transportation system — knowing what bus to get on and how to get places was hard to get used to.
5. Getting insurance — it's hard to do because back home their parents took care of it.

Job help available

By JENN SPRACH

Career Services is available to assist students in finding a part-time job or career.

Staff post job positions online, conduct on- and off-campus job fairs, critique resumes and cover letters and conduct mock interviews, said Shirley Donczyk, a career services assistant.

To conduct a job search through career services visit the Conestoga College website, click on Current Students and follow the careers services link. Students can also drop by the office on the second floor of the Student Client Services Building, which is located beside the red parking lot. It can be reached from the main building by following the paths outside Doors 1, 4 and 5.

They also conduct small on-campus jobs fairs throughout the year, usually in the E-wing, said Donczyk.

The two big off-campus job fairs are at RIM Park and there is a shuttle from the college to the Waterloo recreation facility available.

Entry to the job fair and the shuttle is free for Conestoga College students.

The first off-campus job fair will take place at RIM Park on Sept. 26.



(Photo by Jenn Sprach)

Sonja Roy-Smith, from left, Julie Budhram and Linda Hart, all from co-op and career services, are available to assist students in their job hunt.

For cover letter and resume critiquing an appointment must be scheduled with the office.

When attending an appointment, students should bring a current resume and cover letter or a list of skills, education and work/volunteer experience.

They will then receive recommendations to improve the resume or which type should be used for students without a resume.

Students can find various tip

sheets online to create cover letters, resumes and portfolios and access lists of active words for their resume.

If it is an upcoming interview that concerns a student, staff can conduct mock interviews to help students prepare for the real one.

If students have any questions or need assistance with job searches, cover letters, resumes or interviews, they can contact career services at 519-748-5220, ext. 3340.



Welcome to Guelph Campus Conestoga's Trades and Apprenticeship Centre for Motive Power and Industrial Trades

Apprenticeship

Automotive Service Technician
Truck and Coach Technician
Heavy Equipment Operator
— Tractor Loader Backhoe and Excavator Operator
Millwright
Metal Fabricator
Welder
General Machinist/Tool & Die Maker/Mould Maker

Access & Preparatory Studies

Academic Upgrading
Employment Training Readiness
Focus for Change

Certificate & Diploma

Motive Power Fundamentals **
Automotive Service and Truck & Coach
Industrial Maintenance Mechanic
Mechanical Techniques — Millwright **
Welding Fitter
Welding Engineering Technician
Manufacturing Engineering Technology
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WHAT'S IN THE NEW STUDENT LIFE CENTRE?

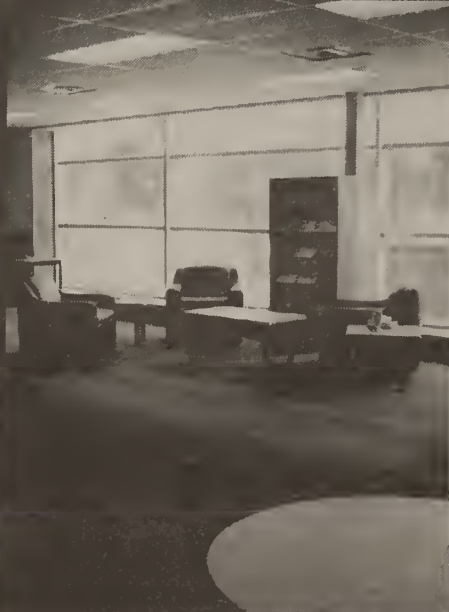
COUNSELLING SERVICES	CSI REPRESENTATIVE OFFICES
DISABILITY SERVICES	CSI SELF SERVE AREA
HEALTH SERVICES	CSI RETAIL (COMING)
LEARNING CENTRE (NEW!)	STUDENT LOUNGE/SANCTUARY (MOVING)
STUDENT LIFE OFFICE (NEW!)	GAMES ROOM (MOVING)
OFF-CAMPUS HOUSING	BAR BISTRO & ENTERTAINMENT VENUE (COMING)
STUDENT AFFAIRS ADMINISTRATIVE OFFICES	SPIRITUAL ROOM
SMALL LOUNGE AND ATRIUM	STUDENT MEETING AND WORKSHOP ROOM
STUDENT LIFE CENTRE INFORMATION DESK	STUDENT GROUP WORK ROOMS

the learning commons

Peer Services Learning Skills Services Writing Service

your pathway to success

We have the resources and supports to help you achieve your goals.



Peer Tutoring offers subject specific assistance. Trained peer tutors provide one-to-one or small group service.

Peer Supported Learning Groups are offered in specific first year subjects that have previously challenged students. In Learning Groups, you'll get study strategies to improve your marks. Groups are led by trained, senior students who have done well in the course.

Peer Conversation Partners is a volunteer service for English-as-second language students. Practice English conversation skills. We work both one-to-one and in small groups. Your peer partner can also help you learn more about Canadian culture.

Learning Skills Advisors can help you with study hints and strategies for getting organized, taking notes or multiple choice tests. Individual help, brochures and on-line resources are available.

Writing Service Consultants are available to assist students with: documentation of sources, revising and grammar skills. Individual, group and drop-in sessions are available.

Visit the Learning Commons for more information and to use our study space, private tutoring rooms and laptops.

Learning Commons
Room 2A103
Hours of Operation:
Monday & Wednesday 8:30am-5pm
Tuesday/Thursday & Friday 8:30am-6pm
Telephone:
5197485220 extension 2308
Website:
<http://www.conestogac.on.ca/jsp/stserv/learningcommons/index.jsp>
Email:
learningcommons@conestogac.on.ca

Ways to prevent being or having a nightmare roomie

By **RYAN CONNELL**

Residence Life Co-ordinator
Special to Spoke

So, you have moved into residence or your new pad off-campus, you have half unpacked your stuff, and you find yourself awkwardly standing across the room from your new roommate. Somehow, starting a conversation with "How about those Dodgers?" doesn't seem like the best first approach.

Adjusting to a new roommate can be a great opportunity in learning how to adapt to new people and appreciate them for their differences. It gives you a chance to experience others' living environments and how they can vary from your own, but it also brings many challenges that will test yourself as a person. Quite often, it will force you to step out from your comfort zone and hopefully allow you to grow as an individual.

One of the first big steps in adjusting to your new home is to keep your cool and realize that your roommate feels just as awkward as you do. If you are a very sociable, outgoing person, you might want to tone it down at the start, so you don't come off as too overwhelming. Many new students

find themselves full of insecurity when they move to a new place and are worried about having their own personal space invaded by a perfect stranger.

While the best advice is to not come off as too overwhelming, you do want to ensure that you are friendly yet assertive in setting down the rules from the start. Your assertiveness will allow you to maintain an open line of communication; if you're too laidback at the start, it will be hard to change gears when a situation arises in which you'll have to speak up.

A great first conversation to have is to discuss what your living conditions were like back home. This will give you a good idea about how your roommate is used to living, and will let you know how you may need to adapt or issues you may want to address from the start. If your roommate had his mommy cleaning up after him all the time, you will really need to lay down the house rules as to who takes the trash out, who will be doing the dishes and when and who will do the vacuuming.

Some important topics to discuss with your roommate include:

Food and necessities: Right away address if you are sharing

food or if you are keeping it completely separate. For instance, you may want to share basic necessities such as milk so that you don't have two cartons souring in your fridge, but you don't want to be eating your roommate's last box of KD that he was so eagerly looking forward to all day. Other necessities to discuss include the sharing of toilet paper, paper towel, dishes and utensils, etc. You wouldn't believe how many small problems escalate from someone not realizing that his roommate didn't want to share toilet paper.

Bedtime and wake-up routines:

Discuss what time your roommate normally wakes up or how late he normally goes to bed. If you're a night owl, you won't want to drive your roommate crazy if he is an early-riser and needs the sleep.

Music: You won't believe how annoying the same Justin Timberlake track on repeat can be after awhile, or how much bass can travel through walls. Set boundaries as to when quiet time is

Study hours: Discuss how demanding your programs will be and keep an open line of communication about how often you plan to study. Having a space to study is

also important, so make sure that is discussed as well.

Cleaning and chores: On top of having a good learning space, general duties and responsibilities should be discussed. The biggest thing to sour a residence experience is having a roommate who doesn't do the dishes or won't take out the trash. Never automatically assume you will be sharing the responsibilities.

Guests and overnight visitors: Nobody likes those rowdy late-night visitors causing a ruckus in the next room. Therefore, don't be one yourself.

\$\$\$ yourConestogaEmailAddress.com

Conestoga College offers many awards, bursaries and scholarships to help you achieve your educational goals.

Information and application forms are emailed to all Conestoga College students. The best way for you know about what's available is to open your College email address often!

Financial Aid and Student Awards Office ext. 3326

Welcome from Counselling Services

To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. As well, we encourage you to take advantage of the many services that Counselling Services have designed to help students be successful.

Professionally trained counsellors can help you resolve problems that stand in the way of you reaching your educational goals. Arrange to see a counsellor quickly, if you have academic, personal, career or financial problems during your time at Conestoga. Counselling is voluntary and confidential. Counsellors can also refer you to other College and community resources that can help.

Groups and workshops are offered for such issues as public speaking or test anxiety; self-esteem and relaxation; lesbian, gay, bisexual and transgender students; and mature or international students.

To those students who are returning for another year of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals!

Counselling Services; 1A103 Student Life Centre Atrium

WHAT DO YOU DO...

...if you are away from home for the first time and feeling lonely?

...if you are experiencing personal problems?

...if you are anticipating academic difficulties?

...if you are worried about tests, presentations or your placement?

...if you have questions, concerns about anything?

**Don't wait. Don't hesitate.
We are here to help you succeed.**

See a Counsellor at your campus

FREE AND CONFIDENTIAL!

Counselling Services, Doon Campus, Student Life Centre, 1A103
519-748-5220 Ext. 3360.

Counselling Services, (Waterloo Campus) Campus Administration,
519-885-0300 Ext. 224.

Counselling Services, (Guelph Campus) Campus Administration,
519-824-9390 Ext. 148.

Counselling Services, (Cambridge Campus) Main Office,
519-623-4890

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HELTS
519-748-5220, ext. 3633

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Job Connect
519-271-9976

Perth Career Counselling
519-271-5124

Guelph

Academic Upgrading
Employment / Training Readiness
& Focus for Change
519-824-9390, ext. 172

Job Connect - Guelph
519-824-9390, ext. 333 or 331
or Toll Free 1-866-585-4008

Job Connect - Fergus
519-843-5513
Toll Free 1-800-478-0961

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Academic Upgrading
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519-623-4890

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in part by the Government of Canada.

**EMPLOYMENT
ONTARIO**

It is time to gear up for varsity sports

By AARON SCHWAB

Strap on your cleats, grab your badminton racket and dust off your golf clubs — it's time to try out for varsity sports at Conestoga College's recreation centre.

Do you have 2 X chromosomes?

Are you more comfortable carrying a toolkit instead of a purse?

Do you get strange looks when people find out you can do your own repairs or computer setup?

If you answered yes to the above questions, YOU might be a woman in Trades or Technology!

Women in Trades and Technology exists to provide support to our

estions, YOU might be a woman in

(WITT) at Conestoga College female students in the trades and technology programs.

1) What can I expect from WITT? What can WITT do for me?

WITT supports our students by providing a wider social network where you can get support, advice or just blow off some steam in a safe environment.

2) What does WITT do? How much of a time commitment is there to be involved in WITT?

WITT usually meets between 2 and 4 times a year (no longer than an hour) and does 2 events per year. Types of events we've done in the past are breakfasts, wine & cheese tastings, Lunch&Learn sessions. If you are able, you can also volunteer your time to put up posters, help set up before events, or attend promotional events in the community.

3) How can I find out more?

You can find out more about WITT by going to our website, <http://www.conestogac.on.ca/witt>

Come out and meet us in September (keep an eye on the website for details).



Men's and women's soccer, men's rugby, women's fastball, cross-country, badminton and golf can all be tried this month, according to Marlene Ford, athletic director at the rec centre.

"We'll probably accept six to 12 (people) for golf, depending on how many women come out," said Ford. "Badminton could take 20; (men's and women's) soccer teams could take 20 each; rugby could take between 20 and 50."

"It all just depends on how many people try out for each team."

Tryouts for most of the varsity

sports will start between the end of August and the beginning of this month, with badminton tryouts scheduled for the end of September.

Varsity fees will apply for students who make the teams. These fees cover expenses like warm-up suits, uniforms and athletic banquets.

For information regarding varsity tryouts, consult the Conestoga recreation centre website at www.conestogac.on.ca/rec_centre or contact Marlene Ford at mford@conestogac.on.ca or 519-748-5220, ext. 3452.



(Photo by Christopher Mills)

Conestoga College students can stay active throughout the year by getting involved in intramurals and varsity sports or just horsing around in the gym or working out in the fitness centre.

Get involved in intramurals

Stay in shape and make new friends

By CHRISTOPHER MILLS

The summer is coming to a close, and that means it's time for sports enthusiasts at Conestoga College to get geared up for the start of the new intramural season.

For those students looking to get more involved in college life, looking to stay in shape or simply looking to make new friends, intramural sports can be a valuable tool.

Conestoga College offers a variety of intramural sports — open to students of all sizes, genders and athletic abilities — all year long.

The various intramural sports' seasons are spread throughout the course of the school year, giving students constant options and opportunities to get involved.

The following sports are available as intramural options at Conestoga College:

- Co-ed basketball
- Co-ed slo-pitch
- Co-ed volleyball
- Dodgeball
- Indoor Soccer
- Men's Ball Hockey
- Non-Contact Hockey
- Ultimate Frisbee

Ultimate frisbee is a new addition this year, replacing touch football.

The leagues are only open to full-time students at the college. Students first need to form a team and select a team captain. The team captain must then fill out the team

registration form which includes the name, contact information, student number and health card number for each player. Finally, once the form has been submitted and the team approved, all captains are required to attend a meeting. After that, the season is then underway.

The cost to enter a team is \$30 for each sport, with the exception of hockey, which is \$200 per team.

Individuals can sign up at a cost of \$10 for hockey or \$5 for each of the other sports.


For any students who don't have a team, but still want to participate, there are individual registration forms in the recreation centre. These individuals then become "free agents," and are assigned to teams by league organizers prior to the start of the season.


Intramural sports are a great opportunity to stay in shape, as well as to meet people and strengthen budding friendships with new classmates and roommates. It's also convenient, with all games held in the campus recreation centre.

The recreation centre also offers fitness facilities, a concession stand, an ice rink and a squash court, all freely available to full-time students.

For more information, and to register at the appropriate time, visit http://www.conestogac.on.ca/rec_centre/html/intramurals.html or call 519-748-5220, ext. 2317.

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WE'RE LOOKING FOR SOCIAL ORIENTATION STAFF

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HAVE YOUR SAY ABOUT EVENTS
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REPRESENT YOUR PEERS
PLUS MOVE IN EARLY FOR FREE